



Cloch an Oir (also known as Clog-en-Oire)

Located on the shore, off Gobby Strand, Golden Rock is estimated to weigh in excess of 100 tons. A legend has it that the stone was lofted there by the giant Mahon who loved playing bowl. It is also said that a crock of gold was found underneath it a long time ago.

How to get there...

Take bus 223 (Cork-Ringaskiddy-Haulbowline) from Parnell Place Bus Station.

Latest timetables available from the Bus Station at Parnell Place or at www.buseireann.ie



www.CorkGreenmap.org

email: walks@corkgreenmap.org

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Ringaskiddy and the Ros Mór peninsula



The Walk

Time: approximately 2 hours return

Note: the walk follows the route of an old right of way up to the Martello Tower. The route is more or less a straight run to the tower but owing to changes over time it is not as obvious or as easy going as it used to be. Part of the purpose of this walk is to keep it open.

The Walk starts at the car park just before the turning for Haul-Bowline. The proposed incinerator. The path has been marked most of the

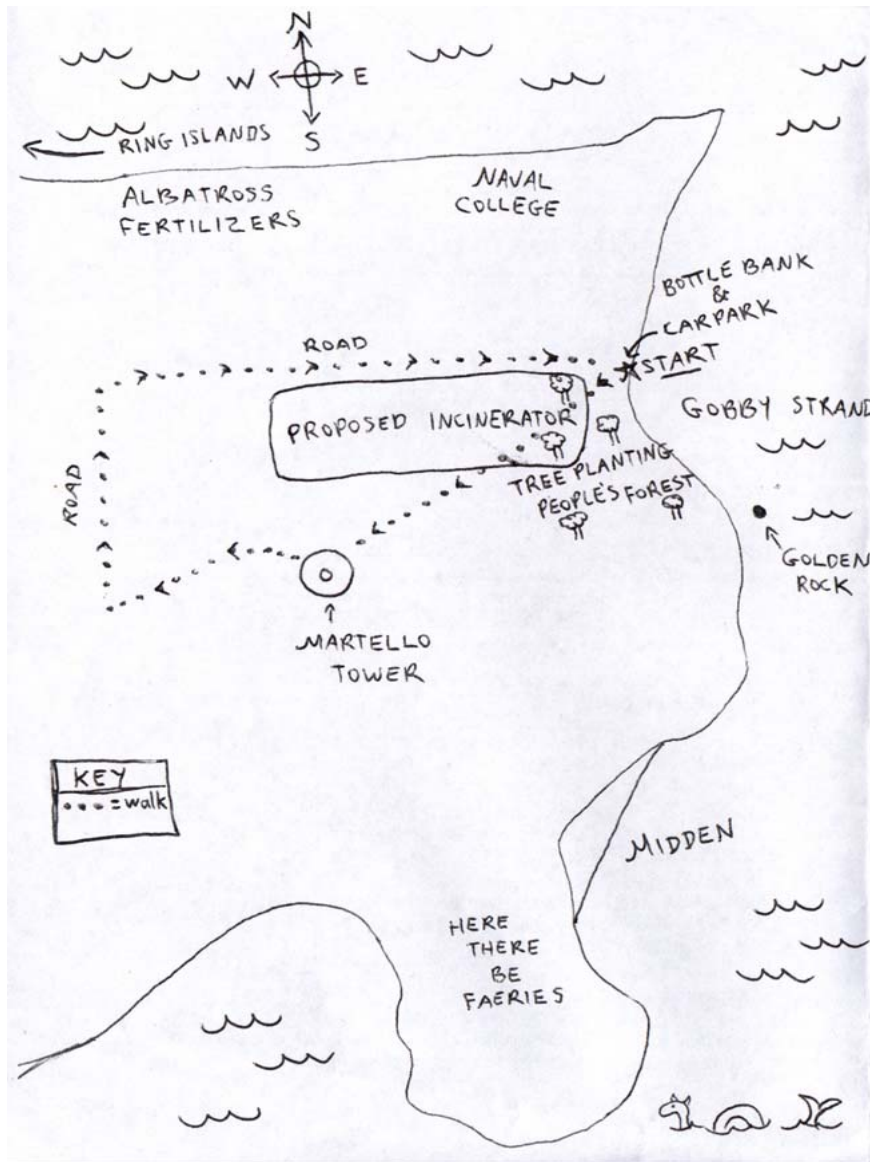
Walk the right of the wooden noticeboard by the car park to a gap closed by a strand of barbed wire, and climb over it. On both sides you can

Ringaskiddy or Rinn an Scuidi, located on the Ros Mór peninsula, was associated with the Skiddy family, Danish settlers who arrived in the locality about 1000 years ago. The family has been well involved in the Cork political sphere, having several of his members been elected to the office of mayor.

way up with coloured wool and rags. We hope that folk will continue this tradition by tying their own fabric. Make a wish!

see young trees marked with coloured wool. These trees have been planted as an alternative to track and head towards a narrow gap in the gorse where the path goes down into the dip.

Go straight over a muddy



Should this bit be too wet, go round it. You will find yourself into a willow glade.

Spike Island, east of the Los Mór peninsula, is known to have a long history as a place of detention, used in the 17th century by Cromwellians and Williamites as well as during the War of Independence by the British. On April 29th, 1921, three IRA volunteers made a daring escape from Spike Island.

Ahead of you, you should see a birch tree which is marking the path. Keep going straight on up the hill, passing a clump of young oak trees on your left.

You will then reach an open field. Head south-west to the hedge and walk along it till you find a gap that you can jump over. You will see the Martello tower.



Coming out of the glade, cross another muddy track where you should notice on your left three pink posts set in concrete. These are test drillings for the proposed incinerator.

From the Martello tower, rejoin the hedge line on the other side from before until you reach the road. Turn right and walk North until you reach a T-junction. Then you can turn right to return to the car park or turn left to Ringaskiddy village.

The **Reclamation Wall** was constructed from Paddy's point to Ring Pier and continued to where the Ferry Terminal was later built. Work commenced on its construction in 1979. The area from the Reclamation Wall to the Main Street and the road to Gobby was filled with sand pumped in from Cork Harbour. All traces of the old islands and causeways have disappeared beneath the sand.

The **Martello tower** dates from the early years of the 19th century, and was part of a defensive network built by the English during the Napoleonic wars in order to strengthen the defences in Cork Harbour.